



**Heather Frankham, Lifetime**

Heather Frankham founded leading training provider, Lifetime, in 1995. Following the successful delivery of the first apprenticeship in the leisure sector, Heather continued to grow and adapt the business to meet the needs of the health and fitness industry. Combining business and teaching qualifications together with a wealth of experience in training and education, as Chief Executive of Lifetime, Heather continues to oversee the strategic aspects of the business.

An Additional Inspector for Ofsted, Heather is also a Patron of Skills Active (Sector Skills Council for Active Leisure and Learning). In addition, she is a member of the Fitness Industry Association (FIA) Vanguard Council and the Association of Learning Providers. More recently Heather was appointed as a FIA Board Director.

Heather holds a BEd (Hons) degree in Physical Education and Mathematics and studied Exercise and Health Science (MSc) at Bristol University. Before setting up Lifetime, Heather enjoyed a teaching career in primary and secondary education and headed up the development of the fitness brand within the Whitbread Hotel Company Leisure Division.